

# Staying Safe in the Sun

July is Ultraviolet (UV) Safety Month

Understanding the harmful effects of UV rays will help you recognize which precautions you should consider while spending time outdoors.



In recent years, doctors and medical experts have emphasized the importance of protecting your skin and the dangers of over sun exposure. July is Ultraviolet (UV) Safety Month. The goal is to spread the word about how important it is to protect everyone's skin from the harmful effects of UV rays.

#### 4 Ways to Prevent UV Damage:

1. **Go for the shade** - Avoid or limit sun exposure during the hours where the sun's UV rays are most intense—between 10 a.m. to 4 p.m.
2. **Wear protective clothing** - Wearing long sleeve shirts and pants are ideal. Linens and thin cottons are probably the most comfortable fabrics during the warm summer months—as well as a broad-brimmed hat that shades the face, ears, and neck.
3. **Apply a broad-spectrum sunscreen** - Generously applying water-resistant sunscreen with a Sun Protection Factor (SPF) value of at least 15 or higher to shield against sun-induced skin problems. The "broad spectrum" variety protects against ultraviolet A (UVA) and ultraviolet B (UVB) rays. Tip: Reapply sunscreen every two hours and after swimming and sweating, even if it's labeled "water-resistant".
4. **Pick up those stylish sunglasses** - Effective sunglasses should block glare and 99 to 100% of UV rays and have a wraparound shape to protect the eyes from all angles.

As summer gets into full swing, many of us are excited to welcome the season with pool parties, beach trips, patio barbeques and picnics at the park. It's during these warm summer months we spend most of our time outdoors with friends and family. Sun exposure is recommended because it's our primary source for vitamin D—which helps us absorb calcium for stronger, healthier bones; but like with everything else, moderation is key.



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